

~~Abstract~~ ABSTRACT OF THE DISCLOSURE

The invention has three aspects.

5 In the first aspect, the invention provides a fastener which has a longitudinal body with a first work engaging member mounted on it. A second work engaging member is associated with the longitudinal body and may be integral with it, or joined to it or mounted on it. There are means on the longitudinal body for adjusting position of the first work engaging member on the longitudinal body. The second work engaging member includes means capable of assuming a first position of narrow cross-sectional area and a second position of wide cross-sectional area.

10 In the second aspect the invention provides a fastener which has a first longitudinal body having first engaging means and a second longitudinal body having an opening adapted to receive the first longitudinal body as well as second engaging means in at least part of the opening. The first and/or second engaging means is adapted to deform sufficiently to permit the first longitudinal body to slide axially through the opening in the second longitudinal body. The second engaging
15 means is adapted to engage the first engaging means on the first longitudinal body when one longitudinal body is rotated relatively to the other.

In the third aspect, the invention provides a connecting means adapted to releasably fix a first element and a second element. The connecting means includes a locking means movable by
20 activation means between a locked position in which the first element is locked to the second element and an unlocked position in which the first element is released from the second element. The locking means is moveable in a deformable channel. In the first position, the locking means prevents deformation of the channel in the region of the locking means. The locking means is at least one rotatable element adapted to be rotatable within the deformable channel.